

# LEGACY YOUTH LEADERSHIP DAY

OCTOBER 22 & 23, 2015



## Purpose

The purpose of this two day event is to invite, student athlete leaders from across the province in different sports to join together for learning and testing in an environment with other athletes in similar situations.

In today's world there are so many distractions for athletes, Sport PEI wanted to help connect athletes who are striving to be the best they can be in their sport.

## Participants

Students identified by the External Sport Credit along with two athletes nominated by each PSO will be concerned. A maximum of 40 athletes will be accepted for the two day event. If there are more than 40 athletes nominated a selection committee will be put together.

PSO's will have until September 10, 2015 to nominate 2 athletes who must be in grade 10, 11 or 12. Please email [lboudreau@sportpei.pe.ca](mailto:lboudreau@sportpei.pe.ca) or call (902)368-6253. **The nomination must include the athletes name, email and phone number. Without this information, athletes cannot be considered.**

Selections will be complete by September 17, with notice going out 24 hours after selection. Confirmation from athletes is due no later than September 30, 2015

## Cost

The cost for each athlete will be \$30 each, this may be covered by the athlete or the PSO. Please indicate when nominating your athletes who will be responsible to pay when submitting your nominations.

## Location

Synergy Fitness & Nutrition located on 141 Mount Edward Road, Charlottetown

## Agenda

### Thursday October 22, 2015

9:00 am	Registration The Mount Welcome Sport PEI & Legacy
9:15 am	
9:25 am	Walk over to UPEI
9:45 am	Testing and Ice Breaker
11:50 am	Lunch Wanda Wyatt
12:30 pm	Guest Chris Huggan
1:15 pm	Walk back to Synergy Session with Kevin Elliott
1:30 pm	Workout with Kris MacPhee
2:30 pm	
4:00 pm	Wrap up

### Friday October 23, 2015

8:45 am	Arrival Session with Nancy Beth Guptill
9:00 am	Workout with Kris MacPhee
10:00 am	
11:30 am	Closing

For more information on the event or to nominate an athlete contact Sport PEI Member Services, [lboudreau@sportpei.pe.ca](mailto:lboudreau@sportpei.pe.ca) or call (902)368-6253.